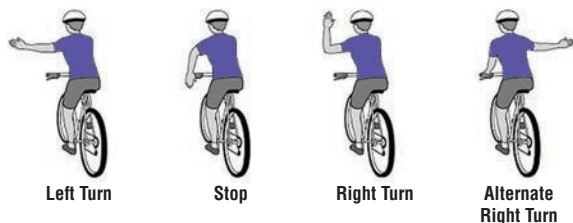


BICYCLE HELMET FIT:

- Your bike helmet should fit you properly; not too small or too big. Never wear a hat under your bike helmet.
- Once you have the right size helmet, wear it whenever you ride your bike so it will protect you. It should be worn level and cover your forehead. Don't tip it back so your forehead is showing.
- The straps should always be fastened. Make sure the straps are adjusted so they're snug enough that you can't pull or twist the helmet around on your head.
- Take care of your bike helmet and don't throw it around. That could damage the helmet and it won't protect you as well when you really need it. If you do fall down and put your helmet to the test, be sure to get a new one.

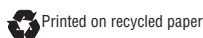
BICYCLE SAFETY TIPS:

- Make sure your bike is in good condition before riding. Check your tires for proper inflation and make sure your brakes are functioning properly.
- Always wear a bike helmet... and don't forget to snap your strap!
- Obey traffic signs and signals.
- Use hand signals before stopping or making a turn.



- Ride in the same direction as the flow of traffic. Do not ride on the wrong side of the street.
- Ride single file in provided bike lanes and stay to the right. When a bike lane is not present, ride as far to the right side of the road as possible.
- Be aware of traffic. Stop. Look left, right and left again before leaving a sidewalk or driveway. Enter traffic only when the road is clear.
- Stop or slow down at all intersections, marked or unmarked to make sure a car is not approaching.
- Concentrate – stay in control. Be visible, alert and communicate your intentions to other roadway users.
- Wear bright clothing so that you are seen easily.
- When riding at night, be sure your bicycle is equipped with a white headlight that illuminates the road in front and a red rear reflector that is visible in the back.
- Prevent bicycle thefts. Carry a lock and use it.

In case of an emergency, call **911**.



BIKE EVENTS IN PLEASANTON

April - May / Middle School Helmet Fittings and Free Bike Tune-ups
Students, staff and families are biking to school! To prepare for Bike to School Day, students will learn how to wear their bike helmet properly. Free helmets available for those in need. Minor bike repairs offered by BikeMobile. Check your school's website or office for event dates and information.

May / Community Bike Ride

Trek through town on two wheels! Join in on a local bike ride for all skill levels led by a local bike shop. Recommended minimum age 8+, accompanied by an adult.

May 1 / Pleasanton Bicycle Safety Festival

Come to a Free Bicycle Safety Festival! Youth bicyclists will learn how to ride a bike safely, avoid hazards, ride an obstacle course and more! Minor bike repairs, bike helmet fittings, pedestrian safety, child car seat inspections, plus crime and fire prevention information available as well. Fun for all ages, plus free refreshments for attendees!

May 1 - 31 / Team Bike Challenge

Join the challenge to encourage healthy commuting between you, your friends, and your colleagues. Get your team together today!

May 7 / Bike to Market

Cycle over to Pleasanton's Farmers' Market in Downtown Pleasanton and park your bike at the free bike corral from 9am – 1pm. Each cyclist will receive \$1 Carrot Cast good towards market purchases. Bike safety and commuting information available.

May 12 / Bike to Work & School Day

Stop by one of the local energizer stations for a free Bike to Work day t-shirt and bag, while supplies last and enjoy refreshments to keep you energized on your bike commute to work. Mini energizer stations will greet student cyclists at local middle and high schools.

For event times and locations, visit cityofpleasantonca.gov/bikeevents.

FREE PLEASANTON BIKE SAFETY CLASSES

March 26 / Urban Cycling 101 Day 1

Learn the basics on how to ride safely in traffic. Ages 13+

April 23 / Family Cycling Workshop

The family that cycles together, rides safely and has fun, too! Free minor bike repairs provided by BikeMobile.

For details and to register for FREE bike classes, visit bikeeastbay.org/education

ENTER THE TRI-VALLEY BIKE SAFETY PRIZE DRAWING!

Bike event or class participants are eligible to enter a random drawing to win prizes donated by local businesses and sponsors. Drawing entry forms available at all events and classes.

One entry per person per event. One prize per winner. Winners will be announced in early June.

Funds for Bike Events & Promotions are provided in cooperation with:



